

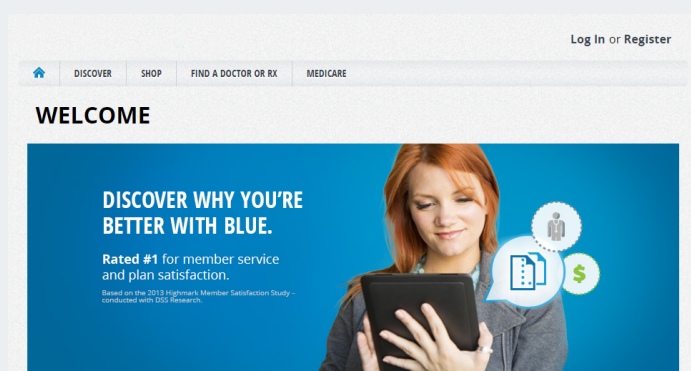
WELLNESS PROFILE

GETTING STARTED

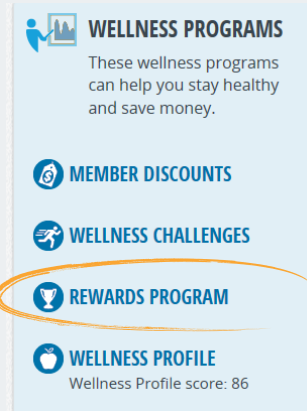
The Wellness Profile is a great first step to take charge of your health. This self-assessment covers all aspects of your health. It includes nutrition, weight management, physical activity and injury prevention. The Wellness Profile only takes about 15 minutes to complete. Your summary includes an action plan and suggestions for health and wellness programs that are right for you.

READY TO GET STARTED?

To get the best results, have your ID card, email address, and annual physical exam and any lab or screening results available, if possible.



then



LOG IN TO THE MEMBER WEBSITE.

IF YOU ARE ALREADY A REGISTERED USER

- Go to HighmarkBlueShield.com
- Enter your login ID and password

IF YOU ARE NOT A REGISTERED USER

- Go to HighmarkBlueShield.com
- Click on **Register now** and complete the form
- Go to the **Member Home Page**

- Click on **Rewards Program** link under **Wellness Programs**.
- Click on the **Wellness Profile** link.

QUESTIONS?

If you have questions about the Wellness Profile or the member website, call the Member Service number on the back of your ID card.